



SEA, Tea, & Be... more relaxed this holiday season

SEA Shoreline Eldercare Alliance

Invites you to a

Holiday Open House

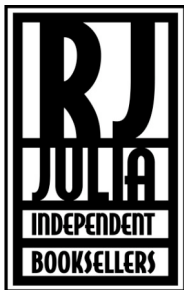
MONDAY DECEMBER 13, 2010

5:00-7:00 P.M.

Shoreline Eldercare Alliance is committed to healthy aging. It's members will show you resources and tips for adding quality of life and staying healthy & merry ALL year!



The event will be held at
SAVVY TEA Gourmet
28 Durham Rd. Madison,
For More Information Call
SEA 1-800-426-5086



- Healthy holiday gift shopping
- Wonderful door prizes
- Light food tastings

- **Healthy Benefits of Tea** with Phil Parda
at the tea bar - 5:30 p.m., 6:00 pm and 6:30 pm
- **Books by R.J. Julia**, SEA's "go to" bookstore
for healthy aging resources
- **Chair Massage** by Bob McCandlish, LMT
- **Care by Joy** - Joy Ruth Cohen, Ph.D., R.N.
Hypnotherapy, Guided Visualization,
Stress Reduction & Relaxation Techniques
- **Soothing Music** by New Haven Symphony



With Generous Support from Guilford Savings